

SKAGIT VALLEY SPORTS FITNESS

Strengthen and stretch muscles used in golfing as well as other sports.



INSTRUCTOR DANIELLE GRABER

Where does the class meet?

Sports Fitness is held indoors at the Burlington Parks & Rec Center, in a large open room with plenty of space to move.

Each Class will include:

- Yoga
- Pilates
- Plyometrics
- Dynamic Stretching & Exercises

Benefits:

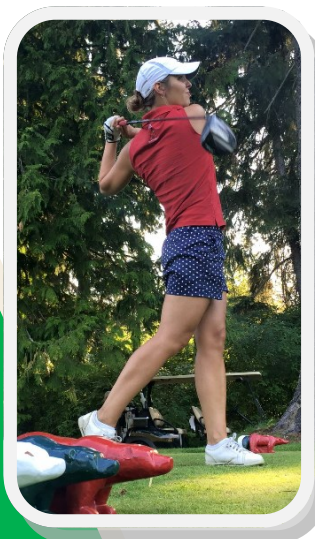
- Increased strength, power & flexibility
- Balance and core stability
- Awareness of your body during athletic activities
- Overall increased general wellness



**MONDAYS (5-6 PM)
FEB 1-MAR 7**

6 WEEK SERIES

**16-18 YRS = \$30/PERSON
AGES 19 & UP = \$48/PERSON**




Burlington
SKAGIT COUNTY, WASHINGTON INCORPORATED 1902
PARKS and RECREATION DEPARTMENT

(360) 755-9649

RECREATION@BURLINGTONWA.GOV

BURLINGTONWA.GOV/RECREATION
900 E. FAIRHAVEN AVE, BURLINGTON

Skagit Valley SPORTS FITNESS, WINTER 2016:

Mondays: Feb 1-March 7 (5pm-6pm)

16-18 YRS = \$30/PERSON

AGES 19 & UP = \$48/PERSON

Ages 16 yrs & up. Price is per student.

PRE-REGISTER at least

1 WEEK AHEAD (to reach min)

360-755-9649 Visa/MC or fill out this form fax, drop off, or mail.

Skagit Valley SPORTS FITNESS Class Registration Form

Participant Name:	Gender/ Birthdate <u> / / </u>	Fee:	Student 16-18 yrs \$30 or 19 & up \$48 (6 week series)

If applicable, Name
of Registrant: _____

Best Phone #: _____ Other: _____

Mailing Address
(Street, City & Zip): _____

Email Address: _____

Instructor Danielle Graber:

ACE GFI certified, current SVC
Golf Fitness Coach, local club
group fitness instructor, and an
avid golfer.

Hold Harmless Agreement

In consideration of your accepting my entry, I hereby for myself, my child or children when applicable, my heirs, executors and administrators waive and release any and all rights and claims for damages I or my children may have against the City of Burlington, their Elected Officials, Employees, Instructors and Agents for any and all injuries suffered by myself or my children while going to, participating in or returning from this activity. I have read this statement and my signature below verifies my and my child's acceptance of these conditions. I realize there is no personal injury insurance. PHOTO RELEASE: I grant full permission to use any photographs of this program in promotion of the Burlington Parks and Recreation Department.

Signature of Participant, or, if
under 18yrs, Parent/Guardian: _____ Date: _____

Accepted forms of payment are ☐Cash ☐Check (payable to B.P.R.) ☐Visa/MasterCard

Visa/MasterCard # _____

Expiration Date: _____ 3-digit numeric (on back of card): _____

DELIVER or MAIL ☒ REGISTRATION FORM or **REGISTER BY PHONE ☎ WITH VI/MC**
Burlington Parks and Recreation (360) 755-9649
900 E. Fairhaven Avenue
Burlington, WA 98233

Questions? Phone ☎ (360) 755-9649 or email ✉ Recreation@burlingtonwa.gov

**Check out our website burlingtonwa.gov/recreation where you can
sign up for custom "Notify Me" Text or Email Alerts.**

And...

